

NAB Wellbeing Index: Q3 2015

by NAB Group Economics



National Australia Bank

Australia's wellbeing has risen to its highest level since mid-2013, with happiness, life satisfaction, life worth and anxiety all improving. Anxiety (especially among young Australians) remains by far the biggest detractor of overall wellbeing, and still a "very high" concern for more than 1 in 3 Australians. Young women (who have historically recorded the lowest wellbeing) saw the biggest gains. WA has the highest level of overall wellbeing, marginally ahead of VIC and QLD.

Wellbeing is most positively influenced by family & personal relationships, our homes & personal safety, while events (e.g. abuse/victimisation), substance use/abuse and a lack of time detract most from personal wellbeing. In our local communities, safety, good local shops, parks and gardens and access to quality internet are the biggest drivers of wellbeing. Access to quality local childcare and local facilities for disabled people added the least.

However, the overall drivers of wellbeing mask important differences in the role that finances play in the wellbeing of high & low income earners. The impact of general finances and money on the wellbeing of high income earners is improving, while for low income earners the situation is getting worse.

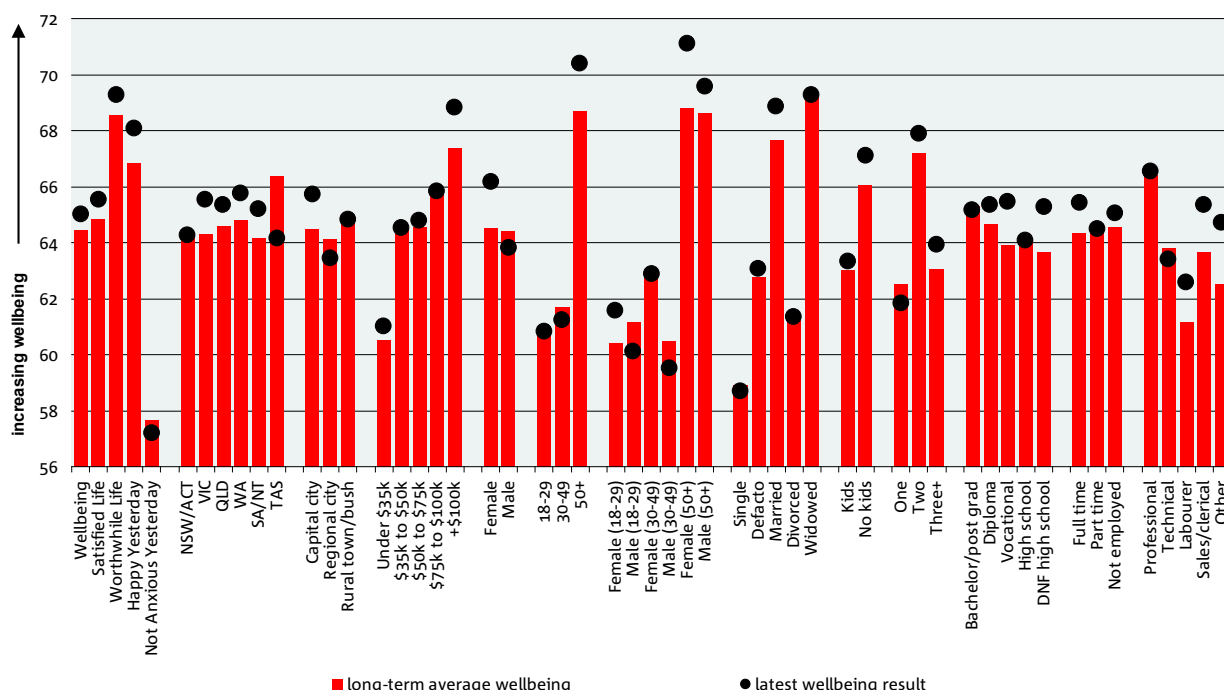
Where is wellbeing typically highest?

- Women
- WA (marginally ahead of VIC & QLD)
- Capital cities
- High income earners (+\$100,000 p.a.)
- Over 50s (particularly women)
- Widows (just ahead of married couples)
- Two person households
- Those without children
- Professionals
- Full time employees
- Vocational, diploma and high school leavers

What are the big changes since the last Survey?

- NAB Wellbeing Index rises to 65 pts in Q3 2015 (64.4 in Q2).
- Happiness, life satisfaction, life worth & anxiety all improved.
- Women 50+ overtake widows for having highest overall wellbeing.
- Biggest improvement in overall wellbeing for vocational workers, school leavers and young women (18-29).
- Wellbeing by gender and age is now lowest for men aged 30-49, overtaking young women (18-29).
- TAS & WA the only states to report lower wellbeing.
- Lower income earners (\$35-50k), single households, widows, and diploma/bachelor/post grad the only other groups to report notably lower wellbeing.

Australian Wellbeing



CONTACTS:
 Alan Oster
 Chief Economist
 (03) 8634-2937 0414 444 652

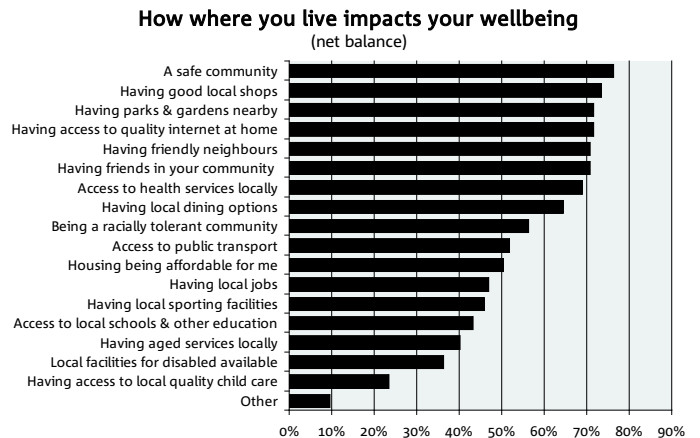
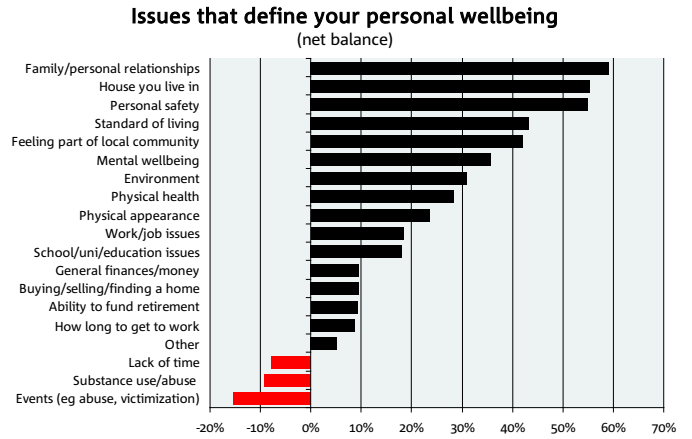
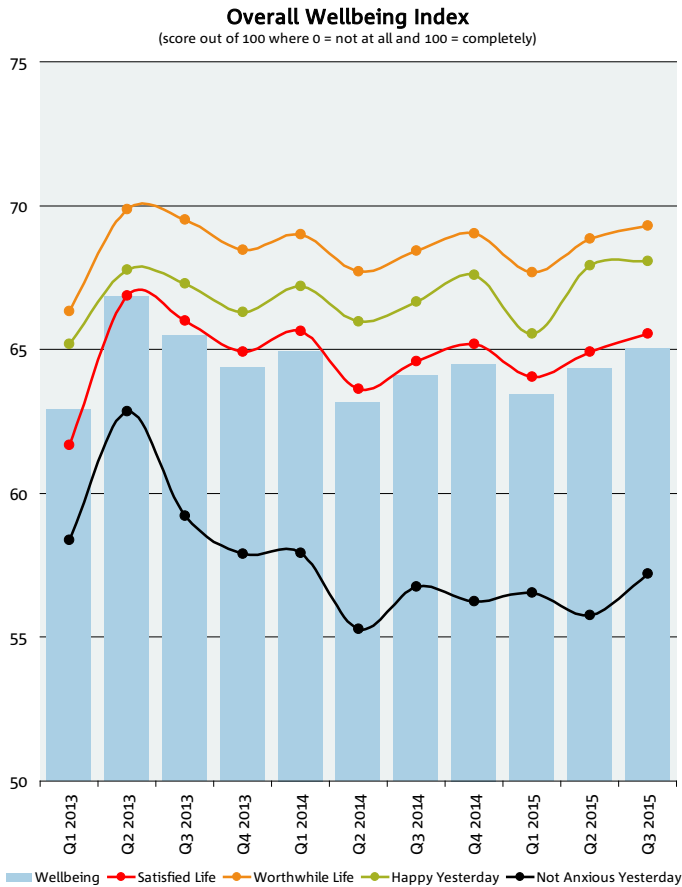
Dean Pearson
 Head of Industry & Behavioural
 Economics
 (03) 8634 3221 0457 517 342

Robert De Lure
 Senior Economist - Industry &
 Behavioural Economics
 (03) 8634-4611 0477 723 769

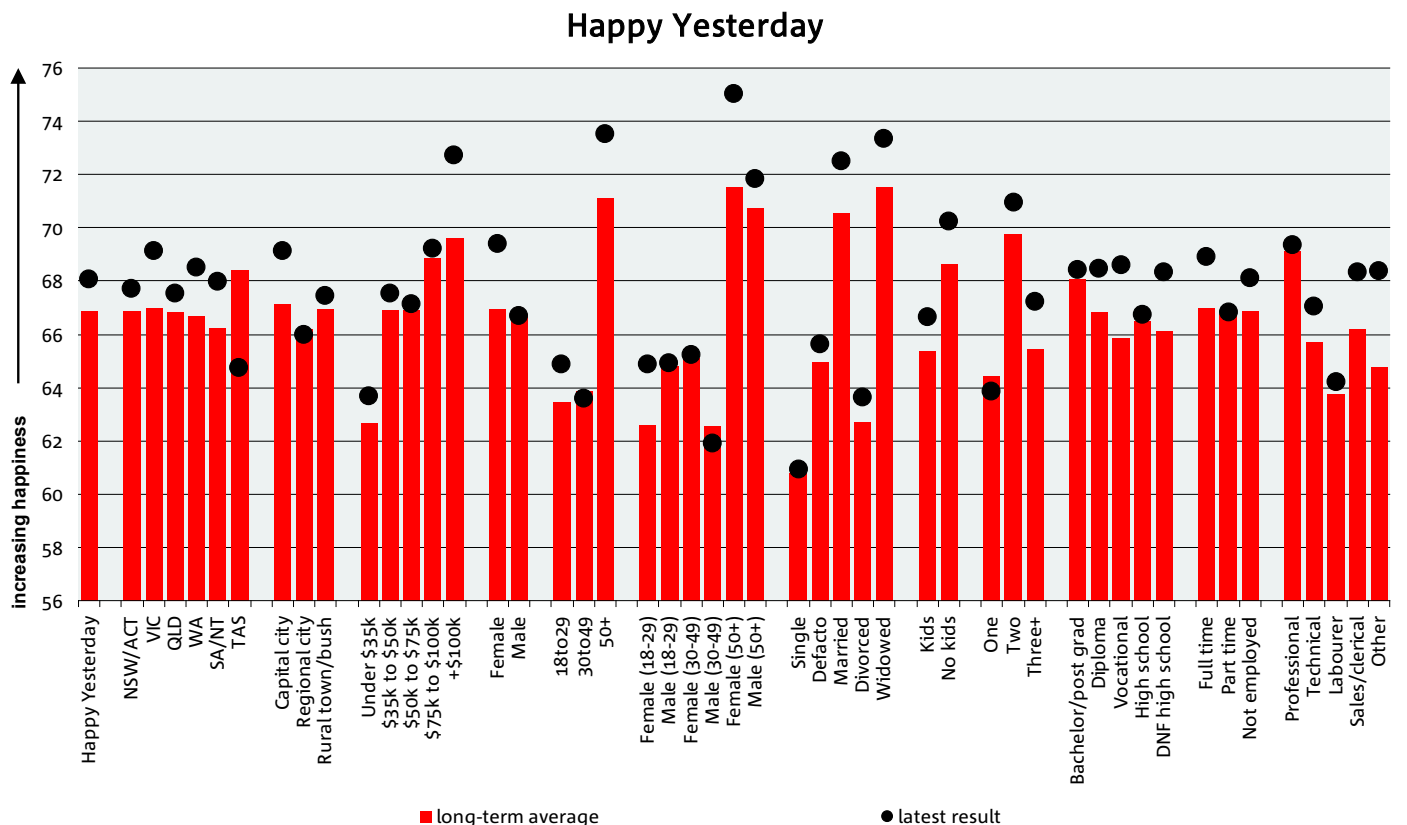
Brien McDonald
 Senior Economist - Industry &
 Behavioural Economics
 (03) 8634-3837 0455 052 520

Karla Bulauan
 Economist - Industry &
 Behavioural Economics
 (03) 8641-4028 0477 706 768

Wellbeing overview

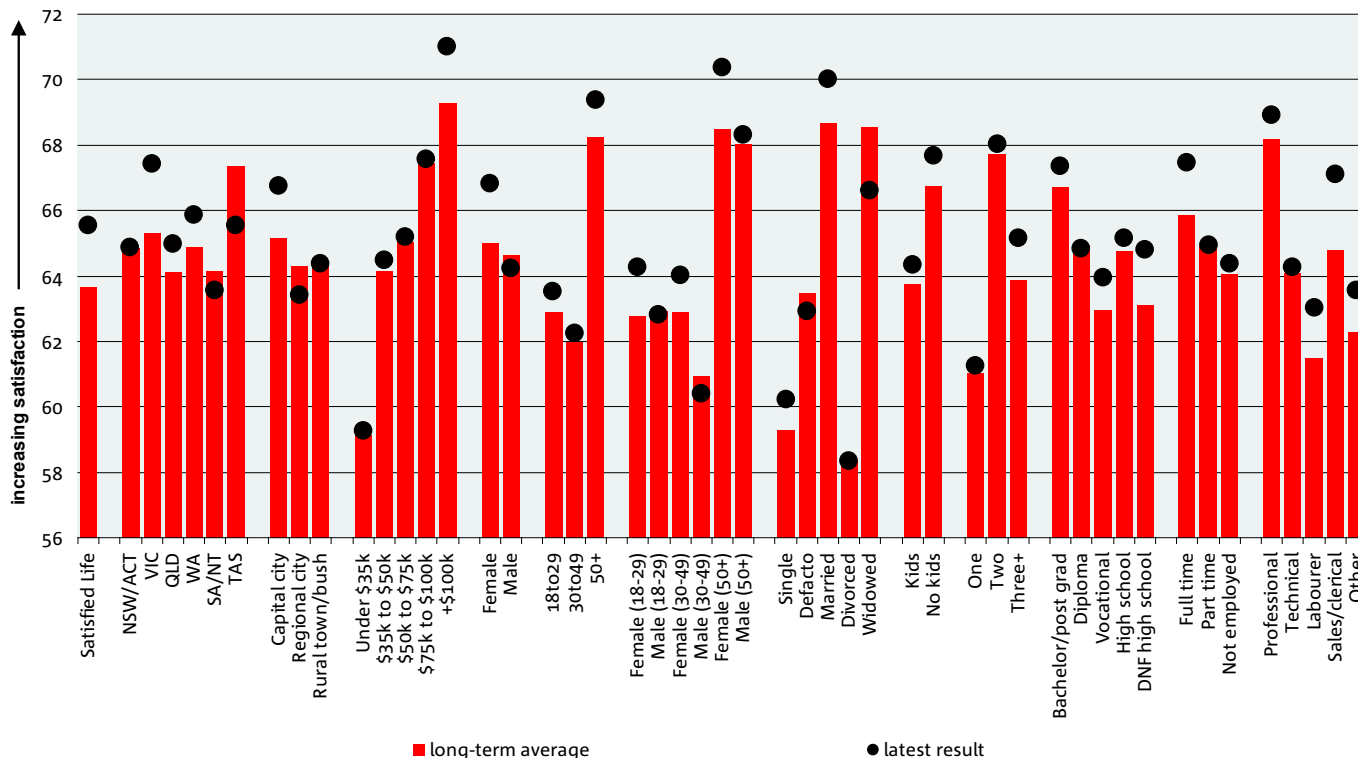


Wellbeing Components

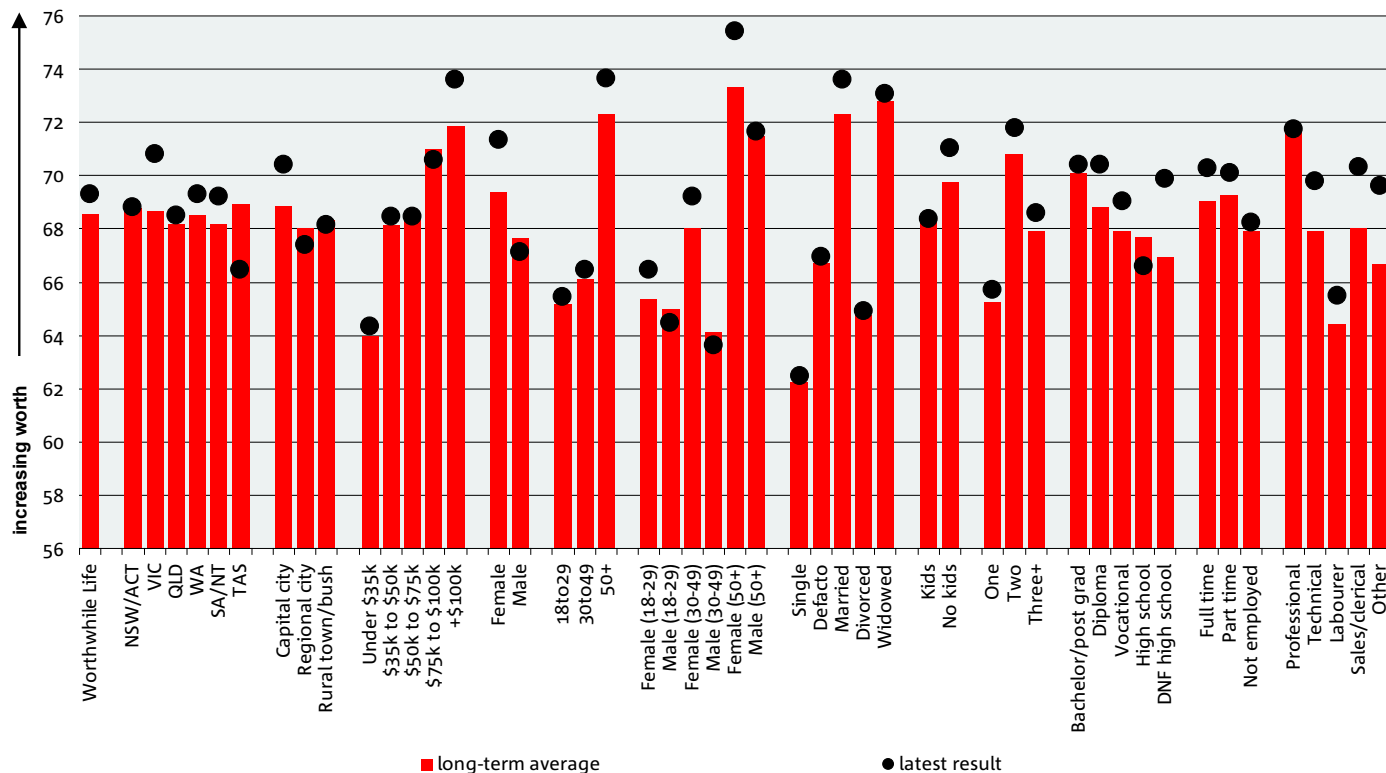


Wellbeing Components (continued)

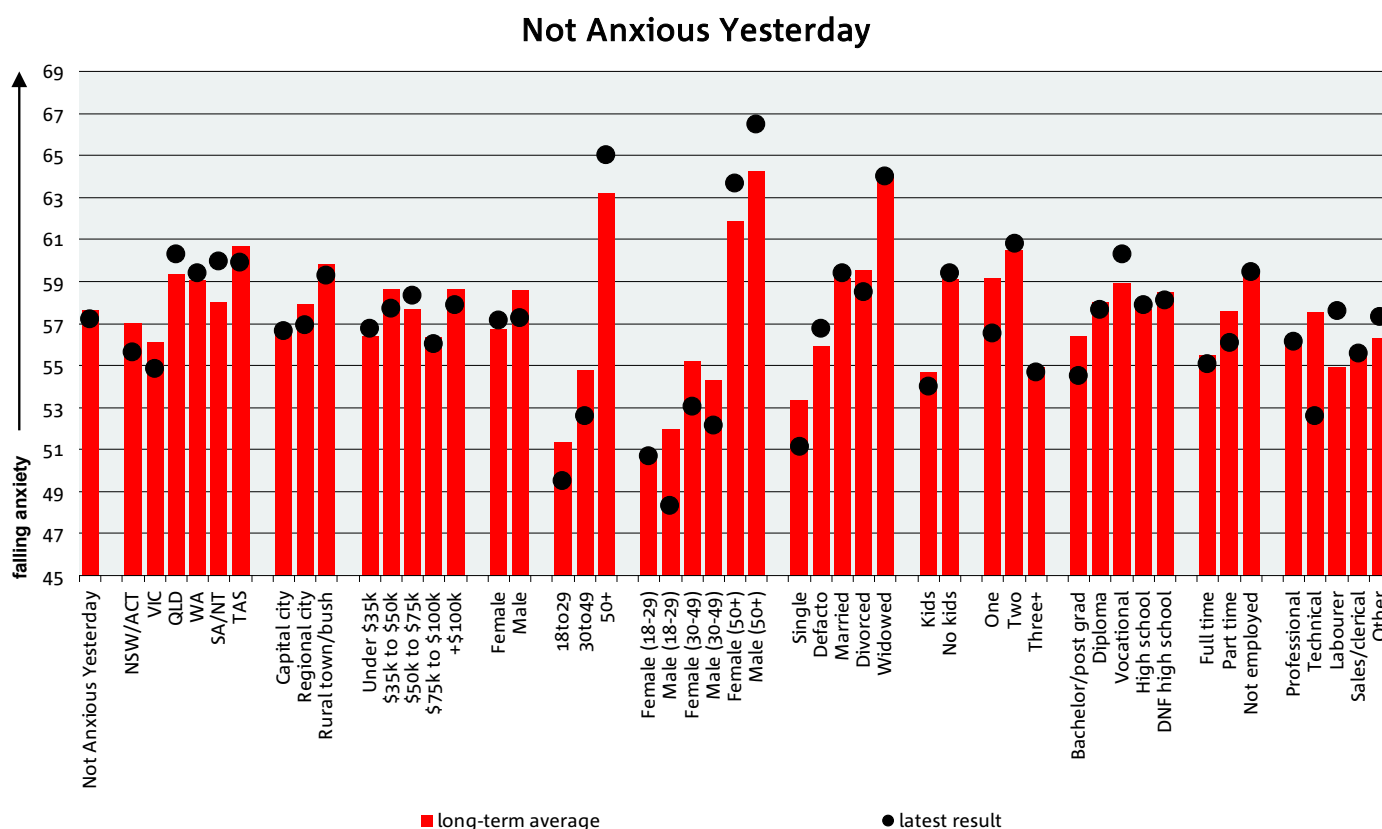
Satisfied Life



Worthwhile Life



Wellbeing Components (continued)



A deeper look at the data also shows...

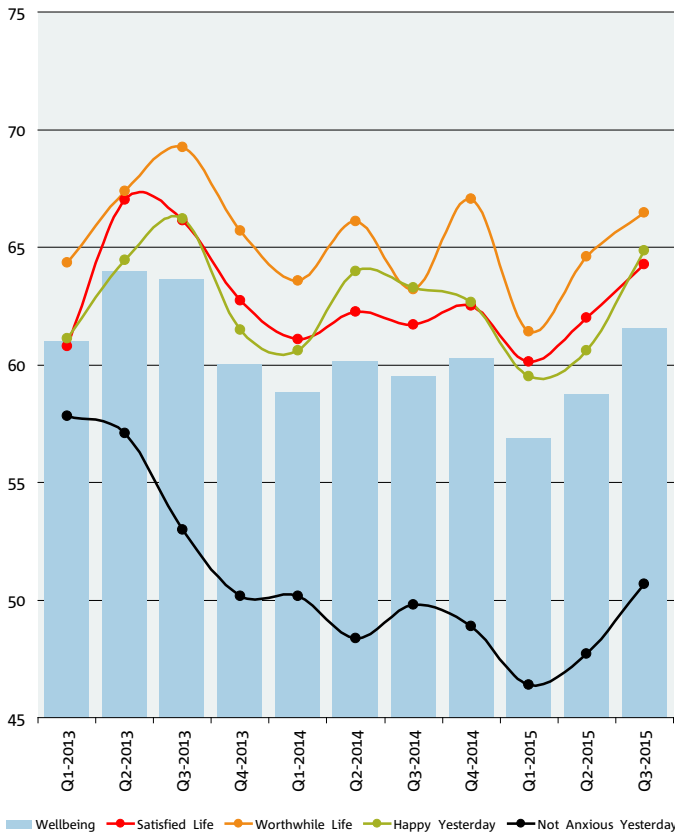
- Australians rated their life worth higher in Q3'15 at 69.3 points (66.8 points in Q2'15) and it remains the single largest contributor to overall wellbeing. Significantly, almost 1 in 4 Australians now rate their life worth "high" (22.2% in Q2'15), while the number rating it "very low" fell to 11.9% (12.8% in Q2'15).
- Australians are slightly happier. Almost 1 in 4 (23.4%) rated the happy yesterday question "high" in Q3'15 (22.7% in Q2), with only 13.4% rating it "very low" (14.9% in Q2'15).
- A growing number of Australians also reported higher life satisfaction. Just under 1 in 7 Australians (15%) are now reporting "high" levels of life satisfaction compared to 13.9% in Q2'15. There was also a notable fall in those reporting "very low" life satisfaction to 14.8%, from 16.4% in Q2'15.
- Anxiety fell in Q3'15, but it continues to detract most from overall wellbeing. There was an encouraging improvement in the number of Australians rating the not anxious question "very low" in Q3, but it is still worryingly high at more than 1 in 3 of all Australians.

Wellbeing Indicator Categories (%)

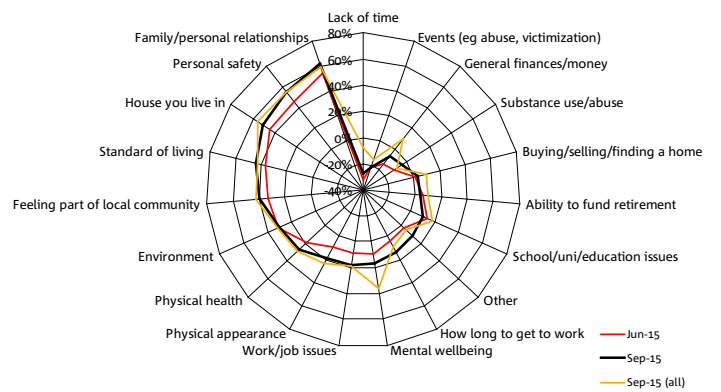
		Very Low (0-4)	Low (5-6)	Medium (7-8)	High (9-10)	Average (mean)
Satisfied Life	Q2 2015	16.4	22.3	47.3	13.9	64.9
	Q3 2015	14.8	24.8	45.4	15.0	65.5
Worthwhile Life	Q2 2015	12.8	21.2	43.8	22.2	68.8
	Q3 2015	11.9	21.7	42.4	24.0	69.3
Happy Yesterday	Q2 2015	14.9	23.0	42.1	22.7	67.9
	Q3 2015	13.4	23.1	40.2	23.4	68.1
Not Anxious Yesterday		Very Low	Low	Medium	High	Average
	Q2 2015	36.7	24.0	19.4	19.9	55.8
	Q3 2015	34.4	23.8	21.0	20.8	57.2

What has changed for young women?

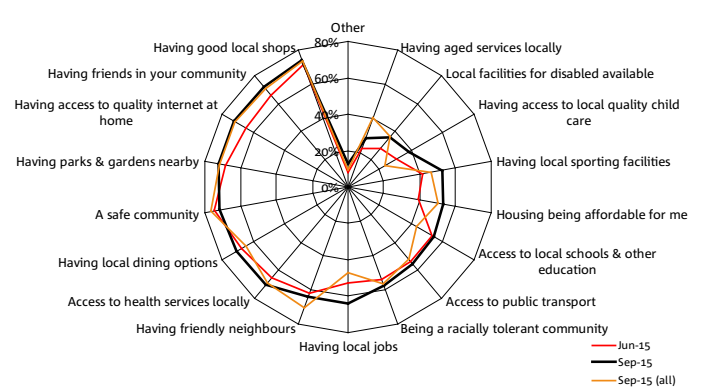
Overall Wellbeing Index: Young Women (18-29)
(score out of 100 where 0 = not at all and 100 = completely)



Issues that define your personal wellbeing: Women 18-29
(net balance)



How where you live impacts your wellbeing: Women 18-29
(net balance)



Young women have long exhibited some of the lowest levels of wellbeing across all demographic categories. In Q3 2015, however, women aged 18-29 again reported a further increase in their wellbeing across all survey questions.

Males aged between 30-49 years now have the lowest levels of wellbeing across age and gender. We will continue to track these changes to see if a trend emerges.

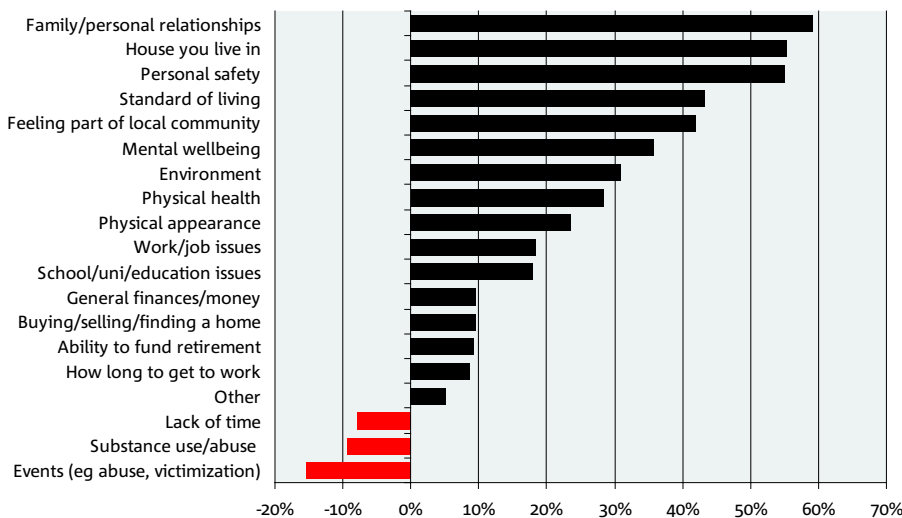
Overall wellbeing for young women increased by 2.8 points in Q3 2015 to 61.6 points to sit comfortably above its long-term average score of 60.4 points. Wellbeing improved across all survey questions, especially in regards to their overall levels of happiness (up 4.3 points), anxiety (up 3 points) and life satisfaction (up 2.3 points). They were valued their life worth somewhat higher (up 1.9 points).

A closer look at the drivers of wellbeing helps explain why this shift among young women may have occurred. It is apparent that the lift in wellbeing was broad based, with all drivers adding more to their wellbeing (see chart above). Family and personal safety remain the most important drivers of wellbeing for young women. In contrast, lack of time, events (e.g. victimisation, abuse), general finances and substance use/abuse on balance detracted from their overall wellbeing. Mental wellbeing and general finances are also detracting much more to the wellbeing of young women than the general population.

In terms of their local community, young women identified local shops, friends, quality internet access, parks and gardens, safe community, good local shops and health services as the biggest contributors to their wellbeing.

The link between wellbeing and finances

Issues that define your personal wellbeing
(net balance)

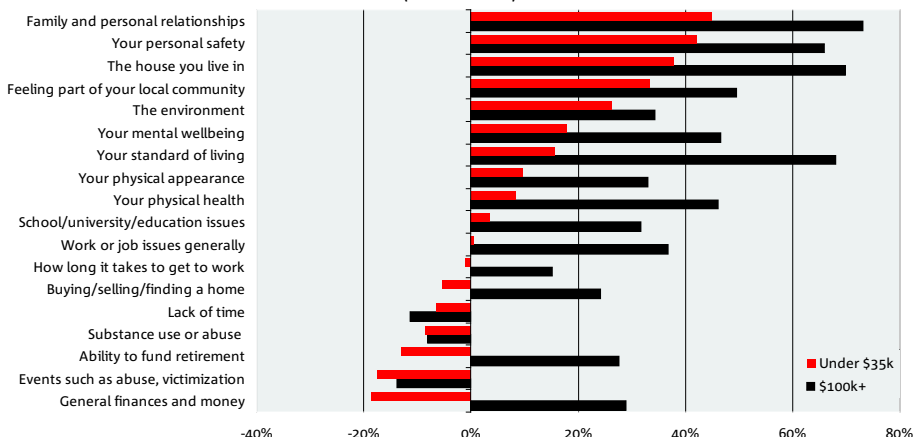


As discussed, the issues that define our personal wellbeing are broad and overall, general finances and money are not particularly strong drivers.

Wellbeing is most positively influenced by family & personal relationships, our homes & personal safety.

However, the overall picture masks an important difference in the role that finances play for the wellbeing of high and low income earners.

Issues that Define Your wellbeing: High & Low Income Earners
(net balance)



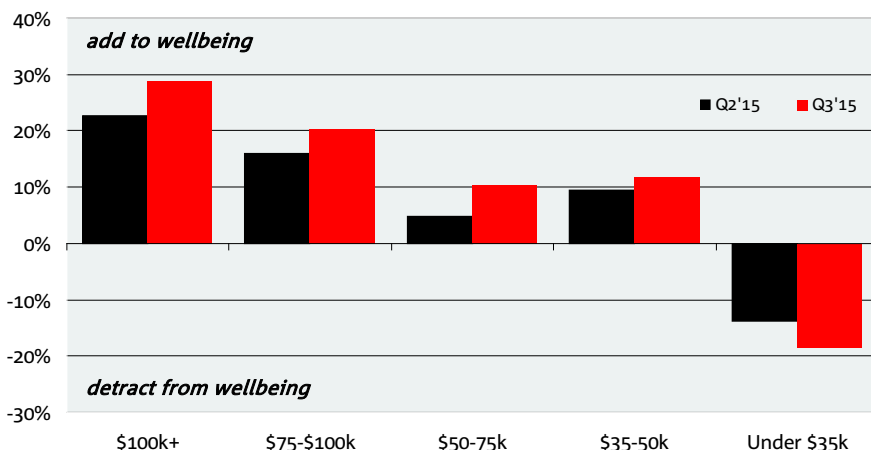
The key drivers of wellbeing for the majority of high income earners include family & personal relationships, the house you live in, your standard of living, personal safety, feeling part of a local community, and mental & physical health. General finances and money also contribute positively to wellbeing, but for fewer high income earners.

While some of these factors also contribute positively to a large share of low income earners, it does so for far fewer people.

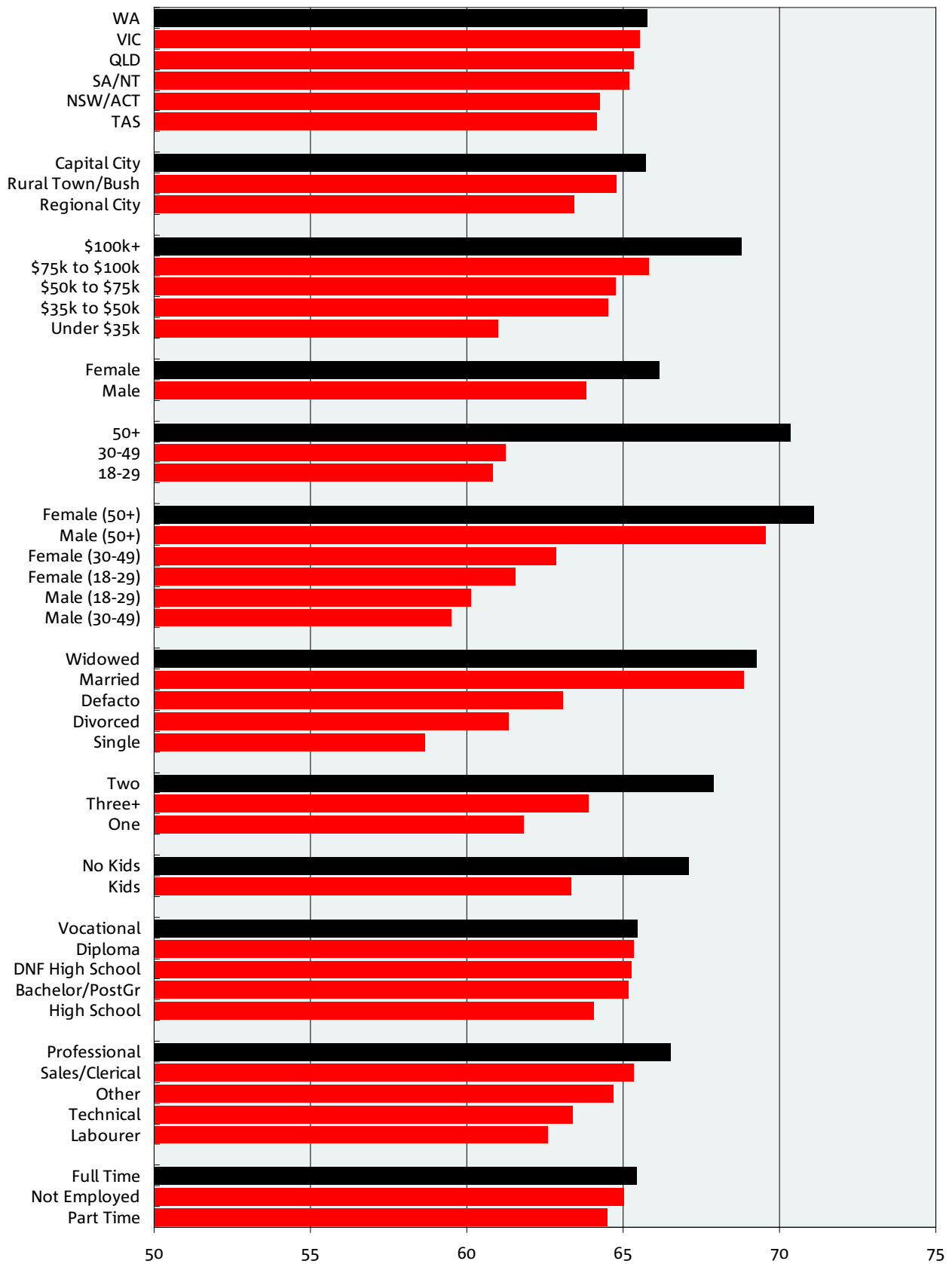
More importantly, general finances and money was cited as the biggest detractor of wellbeing among low income earners.

The final chart also suggests that the impact of general finances and money on the wellbeing of high income earners is improving, while for low income earners the situation is getting worse.

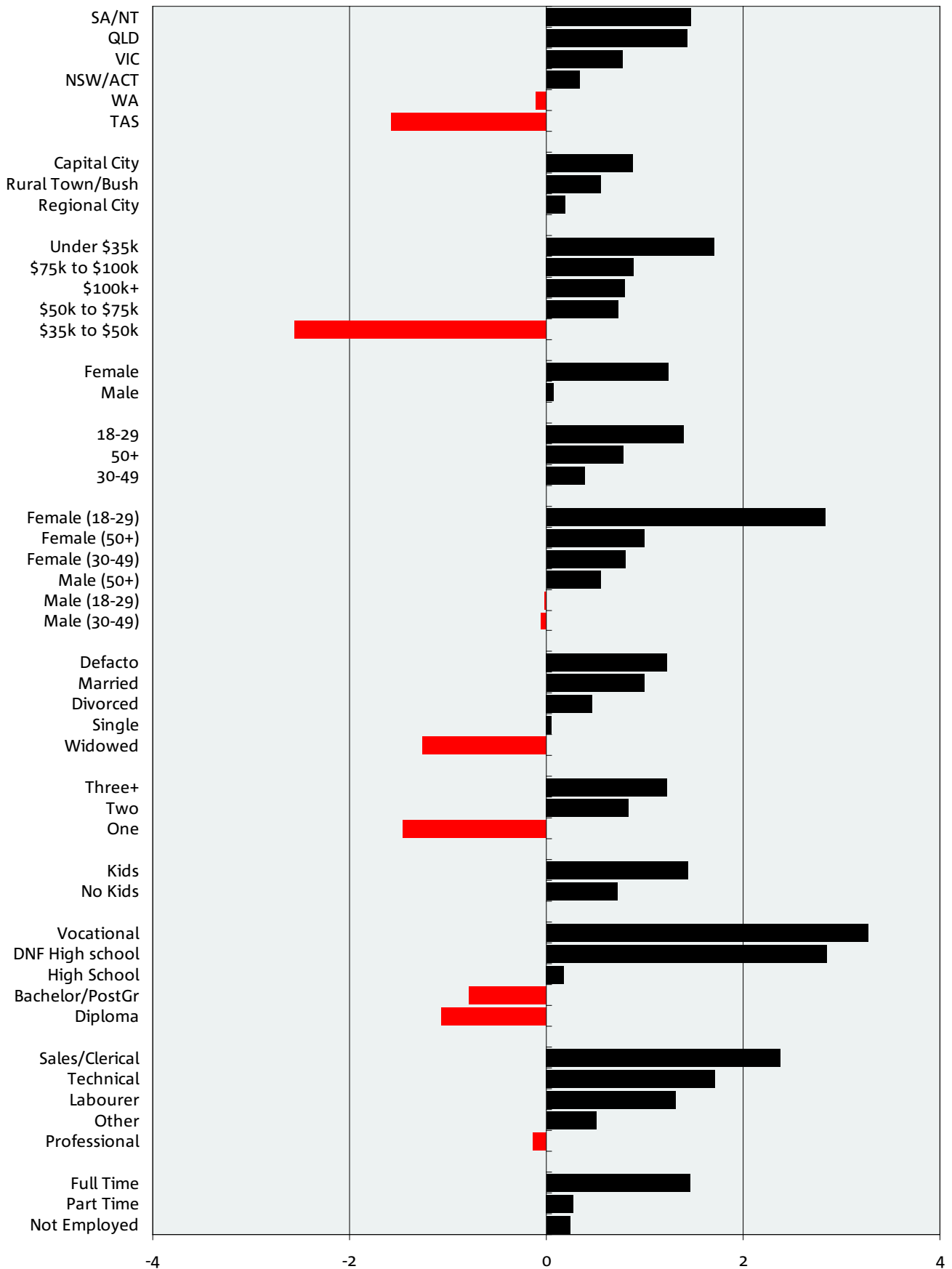
How Your General Finances Impact Wellbeing by Income
(net balance)



Wellbeing Ranked by Category



Wellbeing Ranked by Category (change)



Wellbeing Indicators: directional change since last quarter

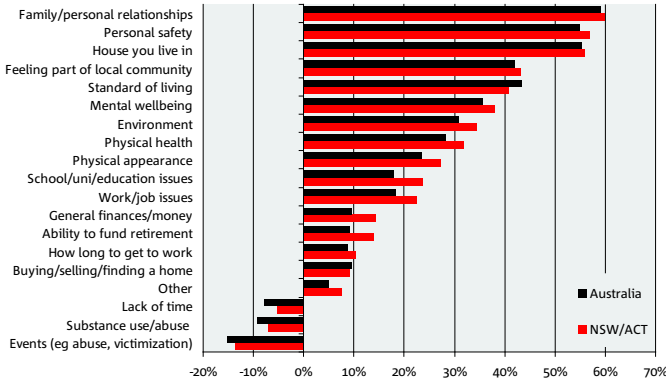
Overall Wellbeing					
Satisfied Life					😊
Worthwhile Life					😊
Happy Yesterday					😊
Not Anxious Yesterday					😊
State & Location	Overall Wellbeing	Satisfied Life	Worthwhile Life	Happy Yesterday	Not Anxious Yesterday
NSW/ACT	😊	😊	😊	😊	😊
Victoria	😊	😊	😊	😊	😞
Queensland	😊	😊	😊	😊	😊
WA	😊	😊	😊	😊	😊
SA/NT	😊	😞	😊	😊	😊
Tasmania	😞	😞	😞	😞	😊
Capital City	😊	😊	😊	😊	😊
Regional City	😊	😊	😊	😊	😊
Rural Town/Bush	😊	😊	😊	😊	😊
Income					
Under \$35k	😊	😊	😊	😊	😊
\$35-50k	😞	😞	😞	😞	😞
\$50-75k	😊	😊	😊	😊	😊
\$75-100k	😊	😊	😊	😊	😊
Over \$100k	😊	😊	😊	😊	😊
Gender					
Female	😊	😊	😊	😊	😊
Male	😊	😊	😊	😊	😊
Age					
18-29	😊	😊	😊	😊	😊
30-49	😊	😊	😊	😊	😊
50+	😊	😊	😊	😊	😊
Gender & Age					
Female (18 to 29)	😊	😊	😊	😊	😊
Male (18 to 29)	😊	😊	😊	😊	😊
Female (30 to 49)	😊	😊	😊	😊	😊
Male (30 to 49)	😊	😊	😊	😊	😞
Female (50+)	😊	😊	😊	😊	😞
Male (50+)	😊	😊	😊	😊	😊
Marital Status					
Single	😊	😊	😊	😊	😞
Defacto	😊	😊	😊	😊	😊
Married	😊	😊	😊	😊	😊
Divorced	😊	😊	😊	😊	😊
Widowed	😞	😞	😞	😞	😞
Household Status/Size					
Children	😊	😊	😊	😊	😊
No Children	😊	😊	😊	😊	😊
One	😞	😞	😊	😊	😞
Two	😊	😊	😊	😊	😊
Three +	😊	😊	😊	😊	😊
Education					
Bachelor/Post Grad	😞	😊	😞	😞	😊
Diploma	😞	😞	😞	😞	😊
Vocational	😊	😊	😊	😊	😊
High School	😊	😊	😊	😊	😊
DNF High School	😊	😊	😊	😊	😊
Employment Status					
Full Time	😊	😊	😊	😊	😊
Part Time	😊	😊	😊	😊	😊
Not Employed	😊	😊	😊	😊	😊
Employment Type					
Professional	😊	😊	😞	😞	😊
Technical	😊	😊	😊	😊	😞
Labourer	😊	😊	😊	😞	😊
Sales/Clerical	😊	😊	😊	😊	😊
Other	😊	😞	😊	😊	😊

LEGEND: 😊 = up 😞 = down 😐 = unchanged

Wellbeing drivers by state

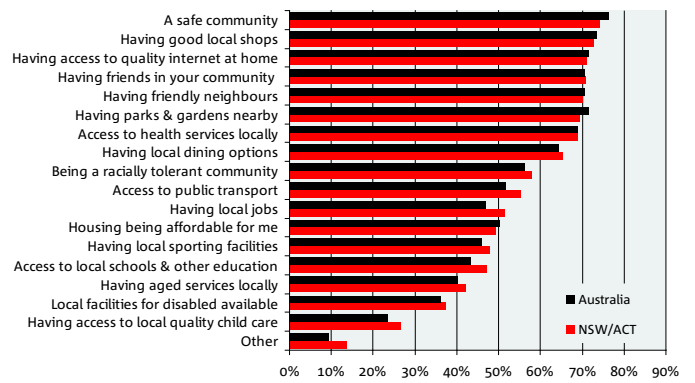
More Australians living in NSW value most aspects of their personal wellbeing more positively (esp. education, general finances and ability to fund retirement) when compared to the national average. They are less positive in regards to standard of living and buying/selling/finding a home (marginally).

Issues that define your personal wellbeing: NSW/ACT
(net balance)



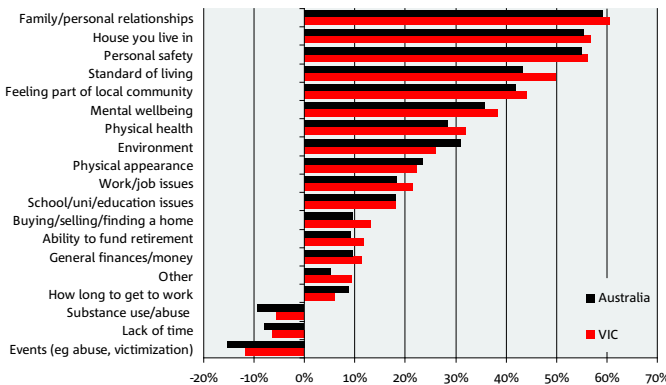
NSW typically tracks the Australian average in terms of how their local community impacts their wellbeing. That said, NSW residents appear to derive greater wellbeing from having access to local jobs, schools, public transport and local quality childcare.

How where you live impacts your wellbeing: NSW/ACT
(net balance)



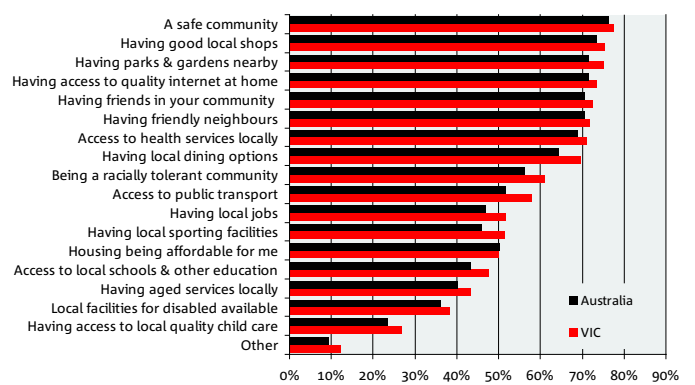
More Victorians value most aspects of their personal wellbeing more positively than the national average, except environment, physical appearance and time it takes to get to work. They are also notably less negative in regards to events (such as abuse) and substance use/abuse.

Issues that define your personal wellbeing: VIC
(net balance)



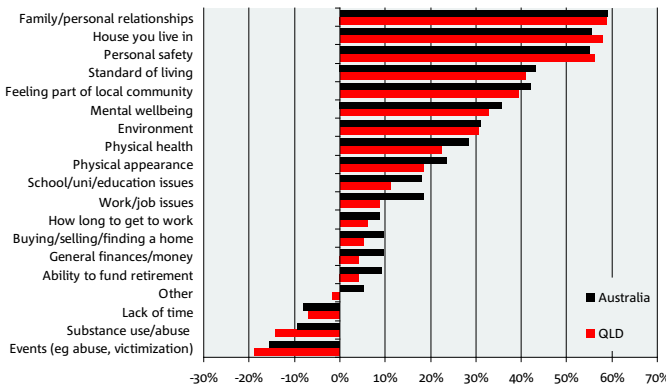
Victorians derive greater benefits from all community wellbeing indicators, bar housing affordability. They derive notably more benefit from racial tolerance, public transport, dining options, jobs, sporting facilities and education. No other state has as many indicators above the national average.

How where you live impacts your wellbeing: VIC
(net balance)



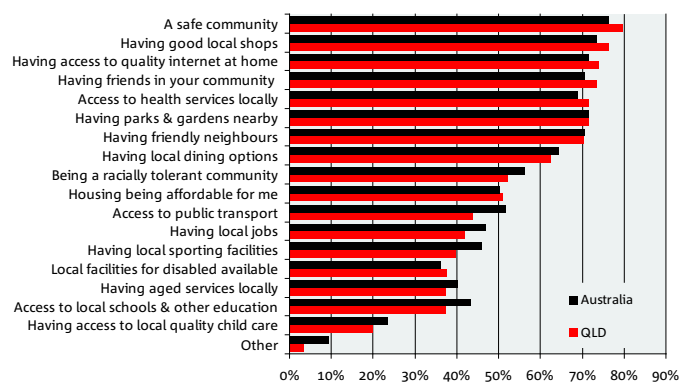
Queenslanders are notably less positive about work/job and education issues and their physical health when compared to the national average. Events such as abuse and victimisation and substance use and abuse also have a bigger negative impact on their personal wellbeing.

Issues that define your personal wellbeing: QLD
(net balance)



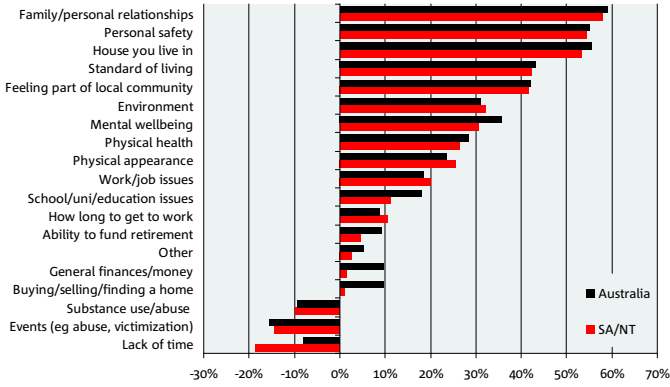
Queenslanders report greater community wellbeing benefits from safety, local shops and friends and access to quality internet and health. Conversely, they derive fewer benefits from public transport, sporting facilities and schools when compared to the national average.

How where you live impacts your wellbeing: QLD
(net balance)



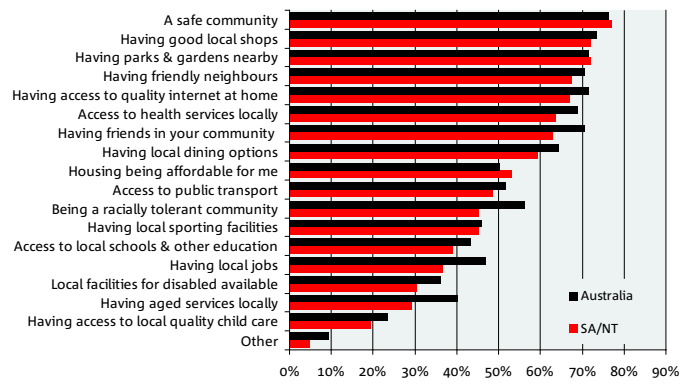
Australians in SA/NT value most aspects of their wellbeing below the national average, except when it comes to work/job issues, time to get to work, their physical appearance and environment. Far fewer also see a lack of time detracting from their personal wellbeing.

Issues that define your personal wellbeing: SA/NT
(net balance)



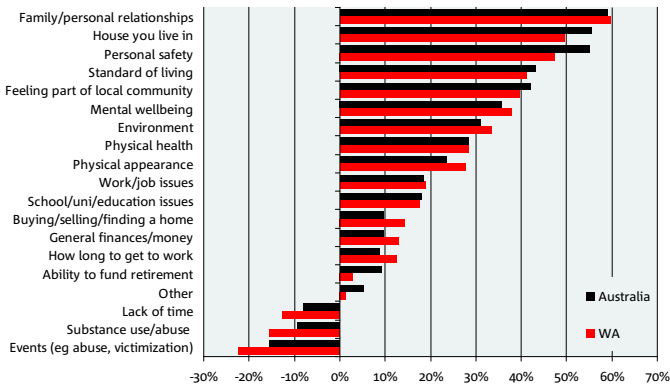
SA/NT residents typically derive fewer community wellbeing benefits across the board, except for housing affordability and to a lesser extent safety. They derive considerably less benefits from racial tolerance, local jobs, aged, disabled and health services and local friendships.

How where you live impacts your wellbeing: SA/NT
(net balance)



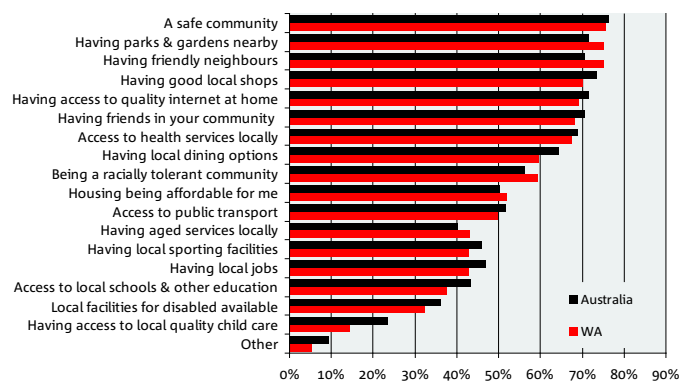
West Australians rated somewhat above the national average for buying, selling or finding a home, time to get to work and physical appearance, but also somewhat lower for personal safety, ability to fund retirement and the house they live in. Lack of time events (such as abuse), substance use/abuse and events also detracted more from their personal wellbeing.

Issues that define your personal wellbeing: WA
(net balance)



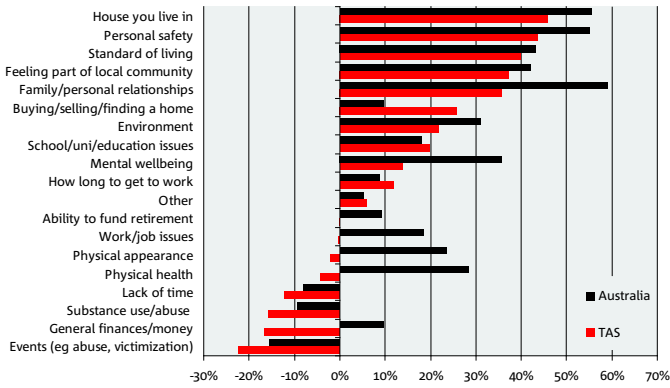
In the west, the community factors providing greater wellbeing benefits above the national average included parks and gardens, friendly neighbours and racial tolerance. However, for most other indicators, WA enjoyed fewer benefits, particularly in regards to childcare, disabled services, childcare, dining, educations and jobs.

How where you live impacts your wellbeing: WA
(net balance)



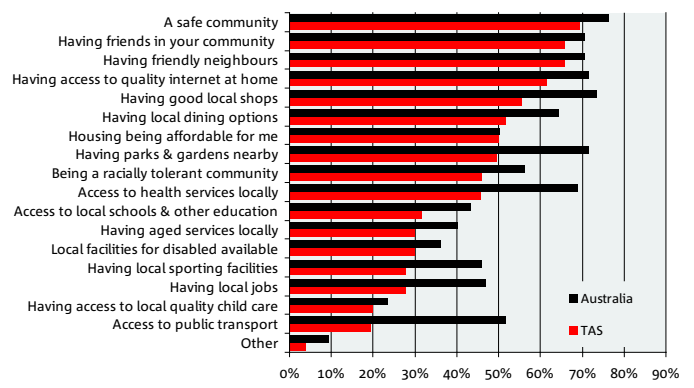
Tasmania was the only state reporting negative contributions from general finances, physical health and appearance and work/job issues. They also rated family/personal relationships and mental wellbeing well below average, but were more positive in regards to buying, selling or finding a home.

Issues that define your personal wellbeing: TAS
(net balance)



Tasmanians derive the least community benefit across all indicators relative to the national average - the only state where this occurred. This was particularly evident in regards to public transport, parks/gardens, health, local jobs, shops and sporting facilities (albeit still positive in net balance terms).

How where you live impacts your wellbeing: TAS
(net balance)

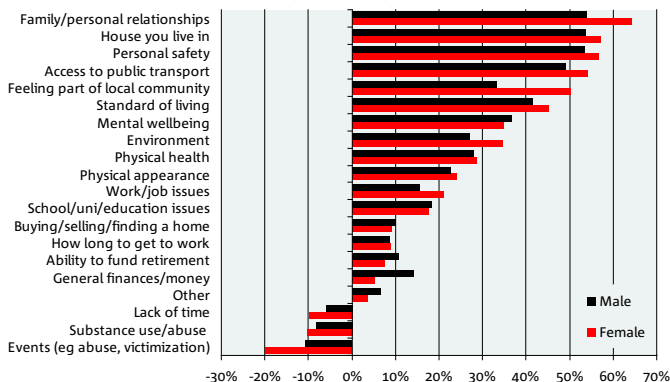


Wellbeing drivers by gender & age

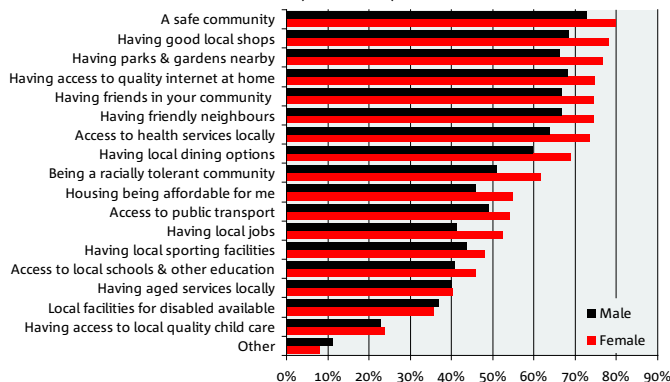
Women are much more positive about the role that family/personal relationships, local community and environment play in defining their wellbeing, while men are more positive about general finances and retirement funding. Women also see events (such as abuse), lack of time and substance use/abuse as bigger detractors of their wellbeing.

In terms of community wellbeing factors, women derive considerably more personal wellbeing across most indicators than do men. The biggest variances occur in having local jobs, parks and gardens, health services, good local shops, racial tolerance, local dining, housing affordability and having friends in the community.

Issues that define your personal wellbeing: Gender
(net balance)



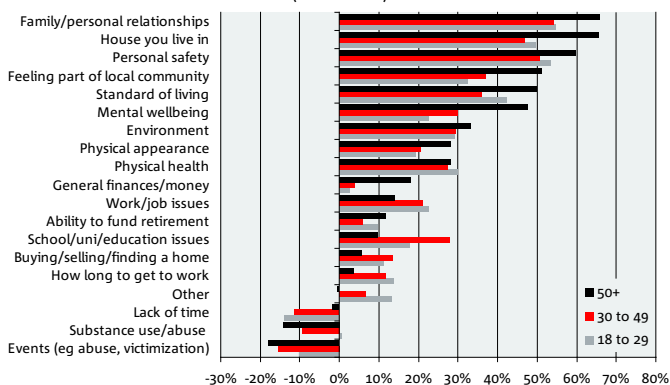
How where you live impacts your wellbeing: Gender
(net balance)



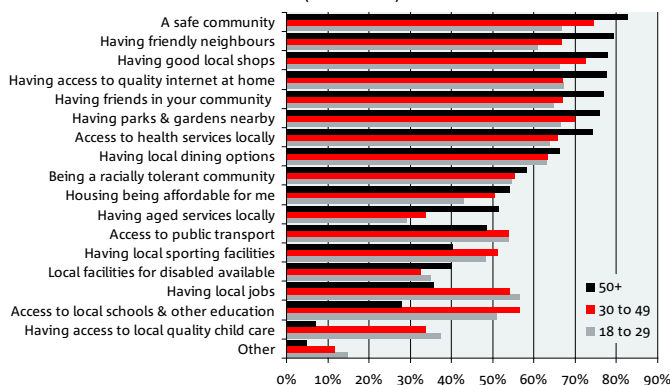
Older Australians typically value the contribution from family/personal relationships, their homes and personal safety, community, standard of living and mental wellbeing to their personal wellbeing highest, although these issues also contribute most to personal wellbeing in all other age groups.

Community wellbeing benefits clearly change according to age. Older Australians typically derive greater benefits from safety, neighbours, internet access, friends, parks/gardens, health and aged services. Young Australians derive less wellbeing from most factors, except for childcare and jobs.

Issues that define your personal wellbeing: Age
(net balance)



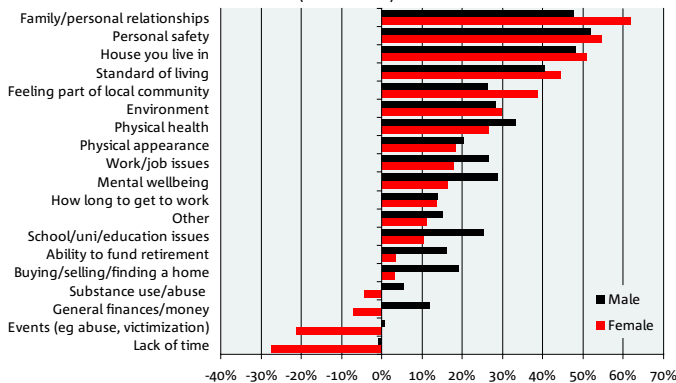
How where you live impacts your wellbeing: Age
(net balance)



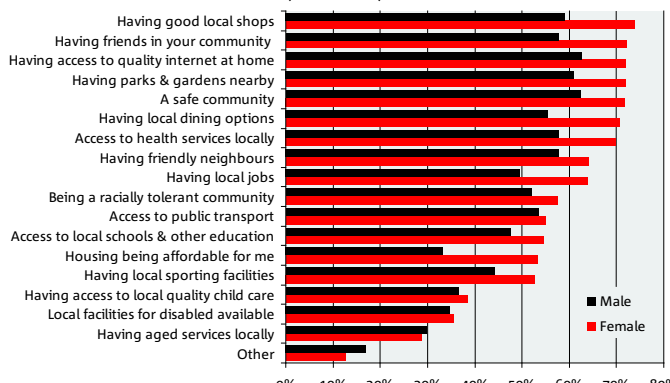
While more young women typically enjoy a bigger contribution to their wellbeing from most issues, it is very notable that a lack of time, events (such as abuse), general finances and substance use/abuse also detracts significantly more from their wellbeing than it does for young men.

Young women also derive notably greater community wellbeing benefits across almost all categories, except for childcare, aged and disabled services, where they were broadly similar. While this gap narrows somewhat as people age, the pattern is broadly unchanged.

Issues that define your personal wellbeing: 18-29
(net balance)



How where you live impacts your wellbeing: 18-29
(net balance)



Group Economics

Alan Oster
Group Chief Economist
+61 3 8634 2927

Jacqui Brand
Personal Assistant
+61 3 8634 2181

Australian Economics and Commodities

Riki Polygenis
Head of Australian Economics
+(61 3) 8697 9534

James Glenn
Senior Economist - Australia
+(61 3) 9208 8129

Vyanne Lai
Economist - Australia
+(61 3) 8634 0198

Phin Ziebell
Economist - Agribusiness
+(61 4) 75 940 662

Amy Li
Economist - Australia
+(61 3) 8634 1563

Industry & Behavioural Economics

Dean Pearson
Head of Industry & Behavioural Economics
+(61 3) 8634 2331

Robert De Iure
Senior Economist - Industry & Behavioural Economics
+(61 3) 8634 4611

Brien McDonald
Senior Economist - Industry & Behavioural Economics
+(61 3) 8634 3837

Karla Bulauan
Economist - Industry & Behavioural Economics
+(61 3) 86414028

International Economics

Tom Taylor
Head of Economics, International
+61 3 8634 1883

Tony Kelly
Senior Economist - International
+(61 3) 9208 5049

Gerard Burg
Senior Economist - Asia
+(61 3) 8634 2788

John Sharma
Economist - Sovereign Risk
+(61 3) 8634 4514

Global Markets Research

Peter Jolly
Global Head of Research
+61 2 9237 1406

Australia

Economics

Ivan Colhoun
Chief Economist, Markets
+61 2 9237 1836

David de Garis
Senior Economist
+61 3 8641 3045

FX Strategy

Ray Attrill
Global Co-Head of FX Strategy
+61 2 9237 1848

Emma Lawson
Senior Currency Strategist
+61 2 9237 8154

Interest Rate Strategy

Skye Masters
Head of Interest Rate Strategy
+61 2 9295 1196

Rodrigo Catril
Interest Rate Strategist
+61 2 9293 7109

Credit Research

Michael Bush
Head of Credit Research
+61 3 8641 0575

Simon Fletcher
Senior Credit Analyst - FI
+61 2 9237 1076

Equities

Peter Cashmore
Senior Real Estate Equity Analyst
+61 2 9237 8156

Distribution

Barbara Leong
Research Production Manager
+61 2 9237 8151

New Zealand

Stephen Toplis
Head of Research, NZ
+64 4 474 6905

Craig Ebert
Senior Economist
+64 4 474 6799

Doug Steel
Senior Economist
+64 4 474 6923

Kymerly Martin
Senior Market Strategist
+64 4 924 7654

Raiko Shareef
Currency Strategist
+64 4 924 7652

Yvonne Liew
Publications & Web Administrator
+64 4 474 9771

UK/Europe

Nick Parsons
Head of Research, UK/Europe, and Global Co-Head of FX Strategy
+44207710 2993

Gavin Friend
Senior Markets Strategist
+44 207 710 2155

Derek Allassani
Research Production Manager
+44 207 710 1532

Asia

Christy Tan
Head of Markets Strategy/Research, Asia
+852 2822 5350

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